



www.LetsMoveInSchool.org

Let's Move in School and Comprehensive School Physical Activity Programs

The goal of Let's Move in School is to ensure that every school provides a Comprehensive School Physical Activity Program (CSPAP) with quality physical education as the foundation so that youth will develop the knowledge, skills, and confidence to be physically active for a lifetime. A CSPAP is an approach by which school districts and schools utilize all opportunities for school-based physical activity to develop physically educated students who participate in the nationally-recommended 60+ minutes of physical activity each day and develop the knowledge, skills, and confidence to be physically active for a lifetime.

The five components of a CSPAP are:

- ◆ Physical Education
- ◆ Physical Activity During School
- ◆ Physical Activity Before and After School
- ◆ Staff Involvement
- ◆ Family and Community Involvement

Physical education is the foundation of a CSPAP. It is the academic subject that provides standards-based instruction on motor/movement knowledge and skills, physical activity and fitness knowledge and skills, personal and social responsibility, and valuing physical activity for its many benefits.

Students become physically educated through the provision of quality physical education and a variety of opportunities to practice and enjoy physical activity both within and outside of school.

The goal of a CSPAP is two-fold.

- ◆ Provide a variety of school-based physical activity opportunities that enable all students to participate in at least 60 minutes of moderate-to-vigorous physical activity each day.
- ◆ Provide coordination among the CSPAP components to maximize understanding, application, and practice of the knowledge and skills learned in physical education so that all students will be fully physically educated and well-equipped for a lifetime of physical activity.

For more information about Let's Move in School and CSPAP please visit www.letsmoveinschool.org.



Comprehensive School Physical Activity Program